

# Therapeutics



Carmel Wilson C.T.R.S.  
Recreation Supervisor II  
(619) 409-5800

**Annual** \$40 Resident  
**Membership Fee:** \$50 Non-Resident  
Membership runs Sept '05 - Aug '06.  
Includes a T-shirt plus discounted admission to dances, field trips and programs.  
Mail fee to: City of Chula Vista  
Therapeutics Section, 3554 Main Street  
Chula Vista CA 91911

## Want to Help?

The Therapeutics Section provides an opportunity for individuals to help with activities and programs. (619) 409-5800.

## Kids Included Together (KIT)

KIT is a nonprofit organization designed to support programs that serve children with disabilities. We are pleased to announce that the City Of Chula Vista Recreation Department has been awarded Alumni Status for the upcoming year. This grant continues to provide Inclusion Aide assistance for children with disabilities.

## Thursday Night Program

This drop-in program is for teens and adults with developmental disabilities. Enjoy games, sports, exercise, fitness and special events. Group meets three times per month. Call to register. See bi-monthly calendar for selected dates. **Free**

**Ages: 13 - Adult** No Class in August  
**Chula Vista Woman's Club** 6:00 - 8:00 pm



## Saturday Program

Saturday programs are for persons with developmental disabilities. Activities include music, arts and crafts, parties, and special events. Register no later than the Thursday before the program. Group meets two times per month. See bi-monthly calendar for selected dates. **Free**

**Ages: 6 - Adult**

**Parkway** No Class in August  
**Community Center** 9:00 am - 12:00 noon

## Mark Your Calendars for these Special Events:

Ice Cream Walk to 3rd Avenue - June 15  
Summer Kick Off - June 24  
Aqua Exercise Class Begins - July 10  
Summer Camp Sunrise - August 21-25

## Cooking Class

Join us once a month for our hands-on cooking basics while preparing food to enjoy. Nutrition education and clean-up skills are also included in this class. Registration is required. Class size is limited.

**Fees:** \$2 Members  
\$4 Resident  
\$5 Non-Resident

**Ages: 6 - Adult**

**Parkway Community Center**  
June 24 12:00 - 1:00 pm  
July 15 12:00 - 1:00 pm  
No Class in August



## Freestyle Dance Class

Learn basic hip-hop steps, line dances, and new dance steps to your favorite tunes in this 8 week class. It's a fun way to exercise! Designed for individuals with developmental disabilities. Pre-registration is highly recommended.

**Fees:** \$20 Members  
\$24 Resident  
\$30 Non-Resident

**Ages: 6 and up**

**Chula Vista Woman's Club**

Begins Weds Aug 9 6:00 - 7:00 pm

## Wheely Sports

This free wheelchair sports program is designed for the active, sports-minded individual with permanent physical disabilities. Group meets three times per month. See calendar for specific dates. Call (619) 409-5800 to register.

**Ages: 6 and up**

**Otay Recreation Center**

Wed 4:30 - 6:30 pm

## Sunday Leisure Bowling

Come join the Sunday Leisure Bowling crowd for our Bowling Session. Our 10-week bowling session is designed for active children, teens and adults with developmental or physical disabilities.

**Fees:** \$22 Members  
+ \$6 weekly bowling fees.  
\$25 Resident  
+ \$6 weekly bowling fees.  
\$31 Non-Resident  
+ \$6 weekly bowling fees.

**Ages: 6 - Adult**

**Brunswick Premier Lanes**  
**845 Lazo Court.**  
Sun  
June 25 - August 27



## Adaptive Fitness

This morning circuit workout program is designed for individuals with physical disabilities. The center offers a variety of state-of-the-art equipment to meet fitness goals. The workouts are fun yet challenging and include strength training, toning and cardiovascular work. Registration required. Quarterly Fee (includes gym membership at Otay):

**Fees:** \$42 Resident  
\$53 Non-Resident

**Ages: 16 and up**

**Otay Recreation Center**  
Mon, Wed,  
Fri 9:30 - 11:00 am

## Summer Session Camp Sunrise

Camp Sunrise is a day camp for children, teens and adults with developmental disabilities and children and teens with physical disabilities. Campers will have the opportunity to develop leisure skills, socialize with peers and learn new camp activities. The camp will include arts & crafts, music, sports & games, recreational swimming, a field trip and a special lunch at the end of the week. Persons registering for camp through vendorization with the San Diego Regional Center will need to present authorization from your child's social worker upon registering, or will need to pay in full for camp

**Fees:** \$125 Resident  
\$156.25 Non-Resident  
Includes a Camp T-shirt

**Ages: 6 years - adults**  
adults development disabilities  
6-16 years physical disabilities

**Loma Verde Recreation Center**  
Aug 21-25 9:00 am - 2:00 pm



## Aqua Exercise

Join us for our Summer aqua exercise class. It's a fun way to stay in shape and have a great time in the water. This class will focus on overall body fitness, water aerobics, and water games for persons with developmental disabilities. Participants must be water safe. For more information call 409-5800.

**Fees:** \$20 Members  
\$24 Resident  
\$30 Non-Resident

**Ages: 6+**

**Parkway Pool**  
July 10 -  
August 28 7:00 - 8:00 pm



## Junior Wheelchair Sports Camp (JAWS)

Offered by City of San Diego Park & Recreation Department Therapeutic Recreation Services in collaboration with City Of Chula Vista Recreation Department Therapeutics Section.

**Fees:** \$107.50 San Diego Resident  
\$115.00 Non-Resident

Children and teens, ages 4-18, who have a permanent physical disability will participate in a variety of wheelchair sports along with coaches who are fellow wheelchair athletes. Participants requiring extra assistance are requested to bring an attendant. Activities will be held at North Crown Point Shores August 15 & 16, and Southwestern College August 17, 18, 19. For more information, call (619) 525-8247 or 525-8249 TDD.